

## The Problem: Multiple Determinants of Health are Only Available Through Direct Assessment

Correct diagnosis and management are only some of the key factors that influence a person's health outcomes. Outcomes depend heavily on a variety of factors, such as a person's individual capacity to manage his or her condition, functional status, degree of family and social support, financial status, access to healthcare, experience interacting with the healthcare system, and many others.

These factors are not routinely and systematically elicited and addressed as part of care delivery. Clinicians may write off struggling individuals as non-compliant, resulting in missed opportunities to identify and mitigate important outcome drivers.

## The Solution: AssessMyHealth.com

With AssessMyhealth.com, providers can give their patients access to a secure, web-based health risk assessment survey that systematically identifies critical outcome drivers. Upon completing the assessment, patients receive a summary that identifies areas to address with their providers. They also receive access to educational information that can be used to help manage their own health (e.g., information on smoking cessation, pain management, exercise, nutrition, etc.). When patients share their summary with their primary care provider (PCP), that PCP is better able to help the patient achieve improved health outcomes. The patient summary can be used to prepare for an office visit by ensuring that necessary items are addressed and to plan follow-up care.

AssessMyHealth.com is based on HowsYourHealth® (HYH), a health risk assessment developed by researchers at Dartmouth College and FNX Corporation. It is a proven methodology comprising health assessments specific to each stage of life (child, adolescent, adult, and geriatric). HYH has been extensively researched and has results published in peer-reviewed medical literature.

"HowsYourHealth® is a deceptively simple multifunctional tool you can use to measure, shape and survey your practice. When your individual patients take the survey, you receive a snapshot profile of the factors affecting their health (emotional, social, financial, health confidence and problems with pain or medications) in an 'action plan' for you to review with the patient during a visit. Easy practice measurement while receiving a snapshot of the health status of the patient in front of you!"

LYNN HO, MD; FAMILY PHYSICIAN USING HYH; NORTH KINGSTON, RI

## Who Should Use AssessMyHealth.com?

AUDIENCE	USE FOR ASSESSMYHEALTH.COM
Patients	<ul style="list-style-type: none"> <li>Assist the patient and physician in identifying and addressing issues important to the patient's health</li> <li>Receive access to resources for managing health</li> </ul>
Providers	<ul style="list-style-type: none"> <li>Increase communication with patients on health status and risk factors (including social and financial considerations)</li> <li>Provide patients with access to resources for managing their health</li> </ul>
Practice Managers	<ul style="list-style-type: none"> <li>Gain practice feedback for a variety of areas (e.g., communication) which can assist in making continuous practice improvements that lead to better population health management</li> </ul>
Patient-Centered Medical Home/ Accountable Care Organization	<ul style="list-style-type: none"> <li>Identify key outcome drivers that can be systematically addressed to achieve Triple Aim outcomes</li> </ul>
Payers	<ul style="list-style-type: none"> <li>Provide members access to patient resources for managing health</li> <li>Provide tools to members and providers that increase communication on health status and risk factors (including social and financial considerations)</li> </ul>

HowsYourHealth® is a registered trademark.

## Sample Action Form from AssessMyHealth.com

ASSETS			
FUNCTION	HABITS	KNOWLEDGE	PREVENTION
Social Support - As much as wanted		Sexual diseases	Has enough money Had pap test Had breast cancer exam
NEEDS			
CLINICIAN ASSESSMENTS		SUGGESTED READINGS/EDUCATION	
<b>FUNCTION</b> Difficulty with physical fitness**  <b>SYMPTOMS/BOTHERS</b> Joint pain Back pain  <b>CONCERNS OR FAMILY HISTORY</b> Substance abuse Exercise/nutrition needs High fat  <b>HABITS</b> Smoker interested in quitting More than 6 drinks  <b>PREVENTION</b> No breast self-exam		<ul style="list-style-type: none"> <li>• <a href="#">Exercise and Eating Well</a></li> <li>• <a href="#">Health Habits and Health Decisions</a></li> <li>• <a href="#">Common Medical Conditions</a></li> <li>• <a href="#">Daily Activities and Managing Limitations</a></li> <li>• <a href="#">Pain</a></li> <li>• <a href="#">Women's Health</a></li> <li>• <a href="#">Problem Solving Section</a> Website (at <a href="#">HowYourHealth.org</a>)</li> </ul>	
		RISK-RELATED CONSIDERATIONS	
		Major functional limit or more than three bothersome problems Not Confident with Self-Management High blood pressure Arthritis  <b>ROS Issues:</b> anxiety, joint pain	
** Clinician Unaware		Care Planning and Comments (write below)	

» Once patients complete the assessment, they receive an action form. With the patient's permission, action forms are shared with the healthcare provider and are used to quickly and specifically identify areas in which better communication and education are needed.

» The provider and the patient can use the action form as a collaborative tool to highlight areas for discussion during an individual visit or to plan follow-up care.

» For more information, please visit [www.treosolutions.com](http://www.treosolutions.com)

## Key Features of AssessMyHealth.com

### ACTIONABLE INFORMATION FOR THE PATIENT

- A health risk assessment that is specific to age and stage of life, easily accessible through a website, designed for all reading levels, and available in English and Spanish.
- An action form that identifies health status and risk factors which can be used by the patient to manage his or her own care, or collaboratively with the provider to focus communication at individual visits and around follow-up care needs.
- Access to free educational material tailored to the health status and risk factors identified in the assessment.

### ACTIONABLE INFORMATION FOR THE PROVIDER

- Patient-specific action forms (from those patients who give permission to share with their provider) identify a patient's needs as they relate to pain management, ability to perform daily functions, and emotional, social, and financial support.
- Aggregate measurements assess a provider's overall effectiveness, communication, office efficiency, access to care, etc.
- Meets CMS requirements for the health risk assessment portion of the Medicare Annual Wellness Visit.

### COLLABORATIVE TOOL FOR PATIENT AND PROVIDER

- With the patient's permission, the patient summary and action forms are shared with the healthcare provider.
- The provider and the patient can use the action form to highlight areas for emphasis during an individual visit or to coordinate follow-up care.